

# April 2017

## SPRING INTO HEALTH

### FITNESS FLOOR EVENTS

# Fitness & Health

more on our website: [www.chandleraz.gov/fitness](http://www.chandleraz.gov/fitness)

**MIND:** Gentle Yoga | **BODY:** TRX | **SOLE:** Running Clinic

#### GENTLE YOGA

Designed to stretch your mind and body Gentle Yoga is a slow paced and low impact class. Yogis will focus on linking yoga sequences with breathing, balance and mental harmony; a combination that leaves you centered and more fit.

Drop-in fees apply.

Drop-in	M	8:30-9:30 a.m.	18 yrs+
Drop-in	Tu/Th	6:30-7:30 p.m.	18 yrs+

#### TRX CLASSIC CORE & STRENGTH

Get suspended with TRC's newest full-body workout - TRX. The all-in-one motion combines strength and flexibility using your own body weight from different angles to engage muscle groups.

Resident fee: \$48 Non-resident fee: \$65

3TW108	M/F	4/3-4/28	9-10 a.m.	18 yrs+
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#### RUNNING CLINIC

Hit the ground running with Tumbleweed Trailblazers. Join TRC's running community to learn proper running techniques, drills and injury prevention methods - all required for a great run.

Resident fee: \$26 Non-resident fee: \$36

3TW915	W	4/5-4/26	10-11 a.m.	18 yrs+
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### 5 Benefits of Running That Make You Healthier (and Happier)

Never been a fan of running? We're about to change your mind. Put one foot in front of the other and start chasing these awesome benefits of running.

#### 1 BOOST BRAINPOWER

Cardiovascular exercise can create new brain cells and improve overall brain performance. A tough run increases levels of a brain-derived protein in the body, believed to help with decision making, higher thinking and learning.

#### 2 INCREASE RELAXATION

A moderate run can be the equivalent of a sleeping pill. Exercise is known to trigger an increase in body temperature, and the post-exercise drop in temperature signals the body that it's time to sleep.

#### 3 REDUCE CARDIOVASCULAR DISEASE

Running is the king of cardio. Running even five to 10 minutes a day, at slow speeds can cut your risk of cardiovascular disease by almost half.

#### 4 STRENGTHEN JOINTS

Every time you pound the pavement, you stress your bones and cartilage, just like your muscles, causing them to spring back stronger.

#### 5 TORCH CALORIES

Running requires a lot of fuel (aka calories). In fact, the average 150-pound person will burn about 12.2 calories per minute running a 10-minute mile.

Run for your life and  
spring into better health.  
Go the extra mile with  
TRC to chase the benefits  
of running - from head  
to toe.

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